Freezer info can fight inflation

By SHIRLEY W. WALTON
Extension Agent

Last week I shared with you some helpful hints to fight inflation as you use your freezer. This week I wish to share with you some information that some of you have had questions about.

Many times a recipe will call for egg yolks or egg whites. What do you do with the rest? With today's cost of living, we can no longer throw the other half away. You can freeze egg whites, egg yolks or whole eggs. Just be sure to freeze these in convenient quantities.

Package eggs in small moisture, vapor-proof containers, leaving one inch head room for expansion. Label the amount of whole eggs, yolks or whites. To thaw, leave in the refrigerator overnight. Never set out on a counter and leave to thaw at room temperature. If you are in a great hurry, you may stand the container in a pan of warm water for a short length of time.

For freezing egg whites, pour the whites in containers and freeze. These can be used exactly as fresh egg whites, including whipping for angel food cakes and meringues.

Egg yolks freeze nicely, but need a stablizer to prevent them from becoming gummy or thick during freezer storage. For each cup of egg yolks, add two teaspoons of white corn syrup or sugar, or one teaspoon of salt. Stir gently without incorporating air, package and freeze.

Whole eggs also need a stablizer. For eggs to be used in baking, add two teaspoons of white corn syrup or sugar to each cup of eggs. For scrambled eggs or omelets, add ½ teaspoon of salt to each cup of eggs. Stir the mixture gently before pouring eggs into freezer containers.

When you label the eggs, be sure to include which stablizer has been added.

There is no difference between frozen or fresh eggs, but remember that most recipes call for the number of eggs rather than an amount of eggs. The following equivalents will help you in using frozen eggs:

8 egg whites from large eggs = 1 cup
12 egg yolks from large eggs = 1 cup
5 large eggs = 1 cup

Some of you have commented about the information last week, especially about using the grated lemon and orange rind. You may also be interested this week in knowing something about freezing lemon juice. We know that our lemons are extremely expensive at times and hard to get. So when they are plentiful and a better price, you can make a purchase of them and save money later. Just squeeze your lemons as you normally would and pour the pure lemon juice into an ice cube tray. Then you will have perfect size lemon juice cubes for your recipes. Be sure to pick out the ripest lemons and let them warm up in your kitchen. Then roll them around on your counter to soften. This will produce more juice.

Another time-saving idea is this. If you have some favorite recipes that call for a teaspoon or tablespoon of lemon juice, why not freeze a tablespoon in one ice cube or a teaspoon in one ice cube. When you remove that, you may put it into a plastic bag and label it as such. Then you will have just the right amount to drop into your favorite recipe.

Another idea for clearer lemon juice you can restrain and heat the lemon juice to 190°. Then chill and freeze. This pasteurization of the lemon juice prevents separation when thawing. Of course, the separation does not harm the flavor or the end results in a recipe.

Homemakers, I told you last week to watch for some exciting workshop activities which would be conducted by Appomattox homemakers. Please mark your calendar for March 10, 1980. At the District Extension Office Auditorium, located next to the Post Office on Court Street, there will be three workshops held simultaneously. They are: Bread Dough Flowers to be conducted by Mrs. Ann Foltz and Mrs. Penny Mongold; Beaded Ornaments to be taught by Mrs. Frances Wilson; and Silk Flowers to be taught by Mrs. Dixie Staten. The workshops will be held from 10:00 a.m. to 12:00 noon and 1:00 to 3:00 p.m. You may participate in more than one of these during the day.

A seat weaving workshop wil also be held on March 17, 1980 at the Appomattox County Extension Office Meeting Room, located on Morton Lane. This workshop will also be conducted from 10:00 to 12:00 noon and 1:00 to 3:00 p.m.

If you have questions about these workshops or wish to participate in them, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. We always enjoy hearing from you and look forward to helping you in any way possible.

Homemakers, have a good week!

RECIPE OF THE WEEK
Laura's Refrigerator Rolls

1 package yeast
½ cup sugar
1 teaspoon salt
6½-7 cups of flour
1 cup milk
½ cup water
⅓ cup shortening
1 cup mashed potatoes
1 egg

Mix yeast with 2 cups of the flour and other dry ingredients in large mixing bowl. Heat milk, water and shortening until very warm. Add to dry ingredients along with potatoes, egg and another cup of flour. Mix well with electric mixer. Remaining flour may be mixed in with dough hook or kneaded in. Refrigerate. Within several days form dough into rolls. I roll mine like biscuits and cut out to make parkerhouse rolls. Melt several tablespoons of margarine in baking pans, coat each side of roll in the margarine, then let rise 1½ hours or freeze for up to a month. If frozen, allow 3 hours to thaw and rise. Bake at 400° for 15 minutes. Makes about 4 dozen rolls.

Many thanks to Mrs. Laura McClenny for sharing this delicious mouth-watering recipe with us.

Good news for homemakers

Mother and daughter share birthday

Sarah Reed of Pamplin and her daughter, Nancy Soos of Lynchburg were given a surprise birthday party Sunday afternoon, Feb. 24. Hostess for the occasion was Charlotte Satterwhite, the granddaughter of Mrs. Reed. Relatives and friends attended and many nice gifts were received.

Al-Anon will meet Tuesday nights

Al-Anon meetings will be held at St. Anne's Episcopal Church each Tuesday night at 8 p.m.

Al-Anon is a fellowship of men and women who are husbands, wives, relatives, or close friends of alcoholics.

Like AA, Al-Anon is an anonymous fellowship. Everything that is said within group meetings and between members must be held in confidence. This family group has no creed, obligations, dues or fees.

If you have a loved one who is a problem drinker, Al-Anon can help you, and you will be welcomed at all meetings.

Concord PTA plans meeting

The Concord Elementary School PTA will meet Tuesday night, March 11 at the school.

The executive board will meet at 7 p.m. in the library and the regular meeting will be at 8 p.m. in the auditorium.

The program for the evening will be presented by kindergarten, and grades 1, 2, and 3 students who will be singing and reciting poetry.

Members and friends are invited to attend.

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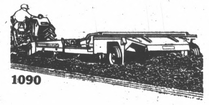

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MAR 1980 VIRGINIA STATE LIBRARY

Mrs. Z. E. Cheatham, the former Mayme Chocklet, is shown presenting an autographed copy of her recent book, "Zack" to Mrs. Therese Armstrong of the Appomattox County Library. "Zack" is the story of her late husband, Zack Elliott Cheatham who was well-known throughout the state of Virginia for his show horses and hunting dogs. Zack was a son of the late Mollie Evans and Hudson Cheatham. Mrs. Cheatham and her late husband are the parents of two children, Mrs. Jean Cheatham Stanley of Appomattox and James Elliott Cheatham of Florida.

Teachers seek methods of dealing with student discipline problems

Student discipline and ways to deal with discipline problems in Appomattox County schools were topics discussed in depth at Thursday night's meeting of the Appomattox County Board of Education.

Elizabeth Gillam, representing a group of teachers in the county school system, appeared before the board to request a list of "behaviour-management techniques" to serve as a guideline for teachers in disciplining students.

Gillam noted that the list could be formulated the same way that the curriculum guide is, with input from parents as well as faculty and administration members.

"The teachers are not always backed up by the principals in their individual modes of discipline," Gillam said.

Lloyd Walton, superintendent of schools, noted that a list of problems would have to be compiled before such as "discipline - management" schools could be drawn, because "every student is different."

Walton noted that the machinery for handling such problems - committees consisting of parents, faculty members and principals - already exists. Walton noted that increased attention could be focused on providing county teachers with a guideline for handling discipline problems. "We just need to get out the machinery and oil it up a little bit," Walton said.

School board members gave their approval to a plan to intensify efforts on the part of existing committees to formulate a scheme for dealing with different types of discipline problems.

Board members were also briefed on the results of standardized tests administered to students. The tests, which are given to students throughtout the state, are based on the students' achievement, compared with their tested ability.

"The results indicated that students tested achieved as well as or better than their (tested) ability level would have indicated," Walton said. He said he was generally pleased with the results of the tests.

Board members also decided not to commit the school systems to being responsible for a regional distributive education teacher next year.

The state has allocated funds to support a distributive education specialist who would be responsible for serving school districts in the Central Virginia region.

According to Walton, he would be charged with organizing and executing adult distributive education programs, as well as regular school programs.

The state wanted Appomattox to serve as physical agent for the teacher. Board members declined, but did accept the teacher as an additional distributive education teacher in the county for the remainder of this school year.

Walton noted that this would not cost the school board anything, and would help relieve some overcrowding in the county distributive education program.

He noted that the state would have the advantage of the county's training the D.E. regional specialist for next year.

In other matters, Walton briefed the board on progress of the proposed budget for next year's board operations. He noted that the County Board of Supervisors have reviewed the document and "realize that what's in the budget is realistic."

The supervisors have not yet, however, voted to approve or reject the proposed budget.

Local sheriff participates in Lynchburg 'sting'

Sixteen warrants were issued in Appomattox early this week as "Operation Pilot," which involved this and surrounding counties as well as the cities of Lynchburg and Bedford, was drawn to a close.

According to Chief John K. Swan, the operation was a "cooperative anti-fencing undercover operation" that had been in progress since Jan. 15, 1979 County, local and state police worked on the project.

The operation was based at a store, known as "Daniel's Pack and Delivery Service," located at 1311 Fifth Street in Lynchburg.

According to Swan, Operation Pilot concentrated its efforts toward individuals who were committing residential and commercial burglaries. More than 200 buys from 83 individuals were recorded in the operation, and many of the accused have been identified as having been previously arrested for criminal behaviour.

Appomattox Sheriff Gene Richardson was one of eight individuals cited by Swan for superior police work in Operation Pilot.

Also uncovered were bicycles, motorcycles, 18 automobiles and pick-up trucks, tractor trailers, and 123 guns, including an antique gun collection.

The property recovered came from as far east as Norfolk, as far west as Colorado, and as far north as New York City.

Town tags on sale

Motor vehicle tags went on sale in the Town of Appomattox Monday, March 3, and can be purchased at the town office.

The Appomattox town office is open Monday through Friday from 9 a.m. until 5 p.m. and for your convenience will be open on Saturday, March 29 from 9 a.m. until 12 noon.

Citizens are required to have their motor vehicle tags by March 31st.

Water system moves a step closer

Tentative approval was given to May-Hines & Associates recommendation that a bid for waterworks improvement work be awarded to George E. Jones and Sons, Inc. at Monday's Town Council meeting.

The bid, for $217,000, is for installation of new water pipe in the town. The type of pipe to be installed, "class-51" pipe, is sturdier and should last longer than that currently serving the town.

Final approval will not be made until official word is received from the Federal Department of Housing and Urban Development that the George E. Jones & Sons, Inc., bid is in order.

Councilman Dick Bass said the project will probably cost around $235,000 total, including cathodic protection to the pipe work which was not stipulated in the bid.

The engineer's estimates on the cost of the project was $275,000.

Councilmen also received a report on a proposed 48-unit HUD-subsidized housing project, known as the Virden Limited Housing Proposal.

The project would be available to families with between $7,000 and $17,500 annual income, with the amount of subsidy decreasing as the amount of yearly income increases.

The housing proposal must be approved by the County Board of Supervisors. If it is, then the town will receive $71,000 for improvements to the town sewer system to upgrade the sewer so that it will handle the additional water inflow.

City Manager Bill Britton said the money will be granted only if the sewer-improvement work is completed within six months of the date that the money is paid. He said he would include a clause in that agreement that would stipulate that the six months could not begin until a contract bid for work has been awarded and the work has actually begun.

In other business, councilmen agreed to meet to determine how best to cope with a new sewer-testing procedure required by the state health department and the Federal Environmental Protection Agency.

The tests will require an additional 64 man hours of work, paid for by the town each month.

Parent visitation day scheduled for Friday in Appomattox

Appomattox County Public School students will not attend school on Friday, March 14. This date is scheduled on the school calendar to give parents an opportunity to visit the schools and talk with teachers. Parents who wish to meet with teachers of their children should call the schools in advance for appointments. Teachers will be available to meet with parents from 1:00 - 5:00 p.m.

From 10:00 a.m. to 12:00 noon, teachers will be meeting in departmental groups. These instructional groups meet three times each year to coordinate instructional activities, to evaluate specific areas of the curriculum, and to keep abreast of developments in the field of education.

Friday, March 14 will be a busy day for school personnel. It will be an important day in the school year because teachers will have an opportunity to share experiences and learn from each other. It will also be important because of the opportunities parents and teachers will have to work together in the interest of the youths of the county. Parents are urged to take advantage of this opportunity to talk with principals and teachers about the progress of their children. Through cooperative efforts of school personnel and parents the goals of the eductional systems will be achieved.

Board meets tonight

The Appomattox County Board of Supervisors will meet today (Thursday) starting at 9 a.m. in the county board of supervisors room.

Goin retires after 30 years

John H. Goin of Appomattox, a soil conservation technician with the federal Soil Conservation Service, is retiring after more than 30 years of service with the SCS.

Goin joined SCS on a part-time basis in 1946 after more than three years in the U.S. Air Force in Europe. In 1952 Goin became a permanent employee and was assigned to the Culpeper SCS office in 1953 he was reassigned to the then Appomattox-Buckingham Field Office. Appomattox and Rustburg were combined as the Appomattox SCS Field office in 1955.

In 1970, Goin was detailed for about a year to Amherst County as Construction Inspector. Here he supervised conservation restoration work after Hurricane Camille.

Goin's career coincides with much of the history of SCS. "He had a hand in most of the conservation you see in Appomattox County," says Bob McClenny, District Conservationist.

"Not only is his good work seen throughout the county, but he also has made a lot of friends for SCS," McClenny notes.

When asked what type of conservation do we need most, John is quick to reply, "Stripcropping, it's still the best practice for controlling erosion except for terraces. While terraces are my second choice, they are a lot easier to install and more practical than they used to be."

When asked what he liked most about working with SCS for more than 30 years, Goin said, "I enjoyed working with farmers and seeing them improve their land. I love to see things grow. I really have enjoyed working with the fine people in Appomattox, Buckingham, and Campbell Counties."

Now that he is retiring, John plans to help his sons a little more on the farm. He is also very active in the Pamplin Community Center, Pamplin Ruritan Club, and Walkers Presbyterian Church. John and his wife Frances reside at Rt. 2, Appomattox.

JOHN GOIN RETIRED AFTER 30 YEARS.

Lions meet tonight

The Appomattox Lions Club will meet tonight (Thursday) at 6:45 p.m. in Maude's Restaurant.

Lion Jim Smith will give a slide presentation and talk on America's different National Parks.

All members are urged to attend.

County decals on sale now

County auto decals are currently on sale and must be purchased by March 31, according to Ida H. Campbell, treasurer.

Drivers must bring their state registration with them to the treasurer's office in order to obtain county auto decals.

The treasurer's office will be open March 22 and March 29 from 9 a.m. until noon in order to accomodate auto owners who need to purchase the decals.

—Father Darkleaf—

By CALVIN ROBINSON

The annual parade of Spring events is rolling. Here in Appomattox everyone is proud to get outdoors and behold the seasonal traffic light on amber and ready for green. I swatted my first housefly exactly at 3:42 Saturday. Last night I watched the stars in a clear sky. Shopping lits for seed packets are ready. Crocus in gold and purple. Betcha there will be another lavish display of forsythia in and around town this Spring. Bicycles have replaced sleighs. Baseball and tennis, anyone?

* * *

And in days now, it will be Cherry Blossom time in our nation's capitol. In March, 1912, a gift of 3,000 Japanese cherry trees arrived in D. C. and were planted around the Tital Basin, East Potomac Park. In 1927 a three-day celebration was ordered by the city commissioners and a year later the first Cherry Blossom Festival was held. Big event, with princesses and over fifty bands and the grand Cherry Blossom Ball March 29. I have forgotten the year, but once I spent a full day browsing around and enjoying the glory of cherry blossom time in The District. The world cannot be all bad and sometimes an ounce of good news can offset a pound of bad news. It seemed appropriate, so during the past week I have read the Book of Job. Here was a man who kept the faith, despite all manner of disaster. How do you lick a stoutheared man who will not give up? Heavens to Betsy, days are getting longer and there is more than enough to do to fill every moment.

* * *

Steve Cawthorne, an Appomattox senior at Lynchburg College, has returned from a trip to Florida, and dropped by to bring us some Florida fruit and copies of the Fort Lauderdale Sun-Sentinel. And greetings from J. Rufus and Rose Cawthorne of Pompano Beach.

* * *

All set for Spring driving. Just got a new inspection sticker on my '63 car. Now to get the lawnmower checked.

* * *

I love to read. At hand is a student reference work and one volume tells the how and why of simple things. Why does a dog turn round and round before he lies down? What is color blindness? Why does the needle in a compass point North? How does the moon pull the sea? Explain sound waves and the telephone. What is the story of the gas we burn? Why does rain fall in drops? How did the days and months get their names? Why does a bee hum? Why do onions make your eyes water? Why do we count by tens? Why does iron rust? What makes water boil? How does an iron ship float? Why do frozen water pipes burst? Why are we tanned by the sun? How can bears live all winter without eating? Why is the sky blue? How does soap take out dirt? Why do Birds moult? How does a camera take a picture? Why does one get seasick? What makes an automobile go? Why does salt make you thirsty? Why does a sponge hold water? On and on, the how and why of simple things. Education is never-ending. Our schools are worth the sacrifice we make for them. A study of local history merits a place on school programs. Appomattox has a story to tell.

* * *

Watch your driving. As I write the highway death toll in Virginia stands at twenty more than at this time last year.

* * *

Thanks for reading and seeya next week.